



*Employee Learning Week  
presents*



**GREEK WEEK:**  
*Learning with the Gods*



# Welcome to Greek Week

## March 8th through 12th

Join us for this year's Employee Learning Week (ELW) as we look to the ancient Greek gods for wisdom and direction! Choose classes that center on the classic themes of War, Love & Fate while expanding skills and knowledge.

### MONDAY, March 8

2:30pm - Welcome

*President Brad Mortensen*

2:45pm - The Greeks & the Stars

*Dr. Stacy Palen, WSU*

3:30pm - ELW Olympics & How to WIN!!

*ELW Committee Members*

*Register for Course #920-16 in Training Tracker*

### TUESDAY - THURSDAY

#### March 9 - March 11

*The following pages contain information regarding classes available.*

### FRIDAY, March 12

8:45am - Breakfast in the Ballroom

9:00am - Climbing Everest

*Tom Burton, Ogden Native*

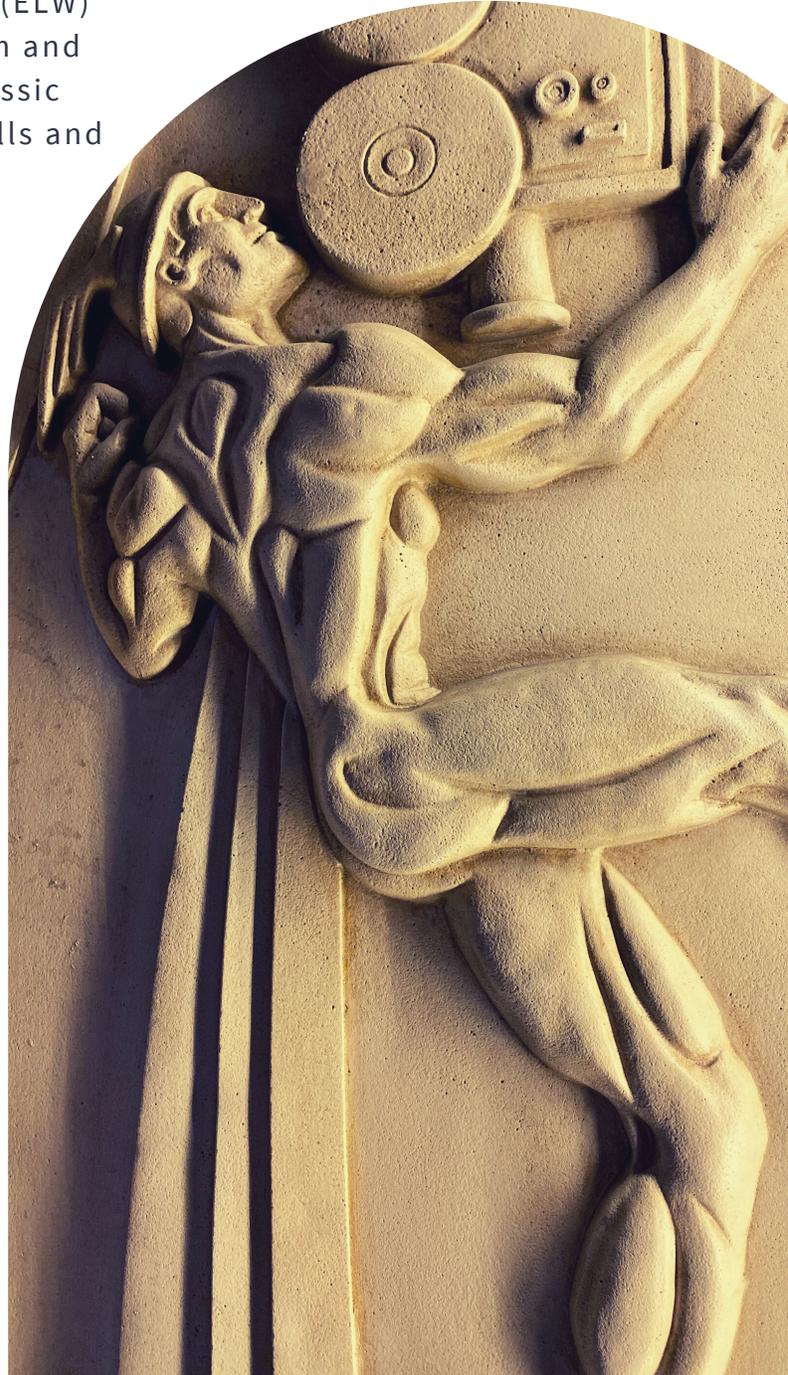
10:00am to 2:00pm - "Mount O" Wellness Walk

*via Gibbs Loop*

*Register for Course #920-29 in Training Tracker*

### Greek Olympics

Participate in the ELW Greek Olympic games - *loosely* based on the original without any need for any athletic ability whatsoever. See next page for more!



# THREE TYPES OF CLASSES

## WAR a.k.a. Professional Development

- The Power of Words:  
Using Your Voice
- Ready Or Not:  
Your Mindset Matters
- Resume Workshop: Tips & Tricks
- Creative Problem Solving

- Financial Wellness
- How to Cultivate Self-Compassion
- Getting Back into Good Habits
- To & Through: How to Replace  
Your Income in Retirement

## LOVE a.k.a. Personal Development

## FATE a.k.a. Health & Wellness

- Foodscape Our Surroundings for  
Sustainable Health
- More Than a Body
- Understanding & Managing Depression
- Creative Much?

The more you attend, the more you WIN!

- Bronze: Attend 3 Classes
- Silver: Attend 7 Classes
- Gold: Attend 10 classes

Download a gameboard from the ELW website page to keep track of your progress. Prizes increase per level.

For instructions and rules, visit the ELW website: <https://weber.edu/owl/ELW.html>

## Greek Week Olympics

# GREEK WEEK CLASS SCHEDULE

*\*see above for Monday & Friday schedule of events*

## tuesday

**10:00am**

**How to Foodscope our Surroundings for Sustainable Health**

- Dr. John Trimble, WSU

**#920-17**

**11:00am**

**Creative Much? The Importance of creative hobbies.**

- Jenny Frame, WSU

**#920-18**

**1:00pm**

**The Power of Words**

- Hollie Dance, Empowerment Mentor

**#920-19**

**3:00am**

**Getting Back into Good Habits**

- Judy Trey, PEHP Wellness Specialist

**#920-20**

## wednesday

**10:00am**

**Resume Tips & Tricks**

- Brett Merrell, WSU

**#920-21**

**11:00am**

**Creative Problem Solving**

- Dr. Jessica Oyler, WSU

**#920-22**

**1:00pm**

**Understanding & Managing Depression**

- Emily Yeates, PEHP Wellness Specialist

**#920-23**

**2:00am**

**Financial Wellness**

- Jennifer Evans, WSU

**#920-24**

## thursday

**10:00am**

**Ready or Not: Your Mindset Matters**

- Rainie Ingram, WSU

**#920-25**

**11:00am**

**How to Cultivate Self-Compassion**

- Dr. Hannah Muetzlfield, WSU

**#920-26**

**1:00am**

**More Than a Body**

- Lexie Kite, Beauty Redefined

**#920-27**

**2:00am**

**To & Through: How to Replace Your Income in Retirement**

- Aaron Knode, TIAA

**#920-28**

## friday

**8:45am Continental Breakfast in the Ballroom #920-29**

*Enjoy breakfast & watch our final speaker together on Zoom. COVID-19 safety protocols enforced & masks are required. Open to first 50 registrants.*

**10:00am Mount O Wellness Walk - All Day Long**

*Take a break and go to Mount O! Golf Course, that is, via Gibbs Loop. Self-guided. Map & more information online. [weber.edu/owl/ELW](http://weber.edu/owl/ELW)*